

## BAYSA and TAKAMOTO: OUTSTANDING SENIOR VOLUNTEERS

By May Fujii Foo

Dr. Norberto Baysa and Gladys Takamoto were recently honored as Oahu's 2008 Outstanding Male and Female Volunteers of the Year at the 42<sup>nd</sup> Annual Mayor's Senior Recognition Program held at the **Hawaii Convention Center** on April 11, 2008. They were selected from among 80 nominees from clubs and organizations island-wide.

Sponsored once again by **Hawaii Medical Service Association** and **First Hawaiian Bank**, with financial donations from **Island Insurance Foundation**, **Hawaii Government Employees Association** and the **Miramar Waikiki Hotel**, the event drew family, friends, and dignitaries to honor older adults who have generously and selflessly given of themselves and who embody the program theme of "*Healthy Living by Sharing Aloha.*"



Nominated by the Wahiawa Rainbow Seniors Club, Dr. Norberto Baysa serves as their President who never lets a meeting or group activity end without

leading a group exercise. "He always looks for ways that will benefit seniors," said his nominator. During an unexpected major physician shortage, he volunteered his services while continuing to serve on various Boards for Wahiawa General Hospital and its affiliated companies. A volunteer team physician for the Waialua High School football team, he also contributed thousands of hours helping the poor in the Philippines, Indonesia and the Dominican Republic as an internist with Aloha Medical Mission. Dr. Baysa has never looked for recognition. He is a superb example of a local boy who assimilated the values of community service, had a dream to really make a difference, and dedicated his life to serving the community.



Gladys Takamoto has been volunteering for over 23 years helping in the front office at Lanakila Multipurpose Senior Center, assisting seniors over the telephone or helping them with their problems. She teaches a quilting class and has served in leader-

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ship positions with the Center's Japanese Cultural Club. Gladys also participates in recreational activities with Hawaii Medical Center (formerly St. Francis Medical Center) patients and ensures gifts are wrapped and delivered to patients of Kuakini Medical Center during the holiday season. She also serves as an escort shopper for frail seniors. When asked why she gives of her time and talents, she said, "Volunteering fosters camaraderie, laughter and fun." City Council member **Rod Tam** and the staff of Lanakila Multipurpose Senior Center, nominators of Gladys Takamoto said, "May we look this

*Continued on page 2*

good and be so healthy and mentally sharp.”



The Platinum Akamai Living Lifetime Achievement Award was presented to **Nellie Aina**, nominated by the Waimanalo Seniors.

She volunteers for the Waimanalo Senior Program, Alu Like Kupuna Program, the Waimanalo and Kailua Food Banks, and the Neighborhood Watch Program. At the Alu Like program, she arrives early to prepare for the day's activities and assists with meal services. She leads the group with singing and entertains with her ukulele. Homeless families living along the beach are greeted with aloha as she delivers food, blankets and clothing. Sharing aloha is what Nellie is all about.



Nominated by Kokua Kalihi Valley Elderly Services Program, **Gloria Lopez** was the winner of the Gold Akamai Living Lifetime Achievement Award. Gloria not

only volunteers Monday through Friday, but is also available on weekends. A major source of encouragement to her fellow seniors, she is the primary resource in keeping seniors informed of programs available and what needs to be done to receive health and social services. She assists with daily blood pressure screenings, teaches dance and exercise move-

ments, assists frail seniors with their shopping, and supports their efforts to remain independent and active for as long as possible. “Gloria is always ready, willing, and able to help in any emergency situation,” her nominator said. “Going the extra mile is just a part of who she is.”



**Gladys Watanabe**, nominated by the Aiealani Seniors' Club, was the recipient of the Silver Akamai Living Lifetime Award. She has served as Trea-

surer and is currently their Recording Secretary. She provides transportation for members who are unable to drive. An avid recycler, she initiated the Club's Recycling Program, collecting and donating items to the neighboring schools' recycling events. Often referred to as the “Rose Lady,” she is active with the Honolulu Rose Society, serving as past Secretary and currently serving as Historian. “Gladys unselfishly gives of her time without regard for personal recognition or benefit,” said her nominator.



“**Florence Menor** has been staffing the reception desk, helping with fundraisers, and serving as Recording Secretary for the Japanese Cultural Club,” said the nominator of the Bronze Akamai Living Lifetime Achievement Award winner. Nomi-

nated by the Lanakila Multi-Purpose Senior Center, Florence is one of the Center's hula performers who entertains at nursing homes, day care centers and hospitals. She volunteers at Hawaii Medical Center, St. Theresa School and Kapiolani Women's and Children's Medical Center. She assists friends and neighbors with their shopping and even provides meals for those who are recovering from an illness. The volunteer spirit is part and parcel of Florence's character.



In his keynote address to the honorees, **Mayor Mufi Hannemann** praised their volunteer services in mentoring the next genera-

tion. “You've been doing this a long time,” Hannemann said. “It's important for our next generation to follow your example and to continue to share with others what you've learned.” The Mayor, much to the delight of the audience, serenaded the honorees with his rendition of “Venus,” accompanied by the Royal Hawaiian Band.

Hawaii's congressional delegates to Washington DC sent messages of congratulations to the honorees. “Your selfless efforts reflect your steadfast commitment to enhancing the social well-being of the community,” **Senator Daniel K. Inouye** wrote. “Your years of wisdom provide guidance and support to many of Oahu's children and families.”

“As much as this morning is to show our appreciation, it is also an event that celebrates the spirit of volunteerism and the important role you play in our community,” **Senator Daniel K. Akaka** wrote. “I thank each and every one of you on behalf of the people you have touched throughout the years.”

“Without your contributions and aloha spirit, many individuals in our community would not receive the proper services, attention and/or motivation that they need to maintain a healthy, productive life,” **Congressman Neil Abercrombie** wrote. “I’m confident that everyone who has been assisted by today’s honorees would be happy that they are being recognized because these volunteers are seen as a friend and hero in the hearts and minds of those being served.”

**Congresswoman Mazie K. Hirono** commended the honorees for being true community resources, enriching the lives of others. “The commitment, remarkable energy, and talent of our retired and senior volunteers are gifts,” she wrote. “I hope these outstanding individuals continue to inspire others with “healthy living” and by “sharing their aloha.”

In addition to honoring the kupuna nominees, Mayor Hannemann, the Honolulu Committee on Aging and the Elderly Affairs Division also honored 2 organizations for their voluntary contributions to the welfare of seniors. The Lei Hulu Award is bestowed to elder-friendly businesses that provide resources, programs and support for kupuna.



**Mayor Hannemann**, left, and **Joan Naguwa**, Senior Recognition Program Chairperson, far right, present the Lei Hulu Award to **Everett Kaneshige**, COO and founder of Monarch Properties, Inc. meal delivery program and **Bobbie Favela**, meal program co-coordinator.

**Monarch Properties, Inc.**, nominated by Hawaii Meals on Wheels, provides support by fundraising each year and by letting employees deliver meals each week to homebound clients in the neighborhood surrounding their business. **Everett Kaneshige**, COO and founder of Monarch Properties’ meal delivery program, felt businesses should not only monetarily contribute to charities but also give back to the community on a personal level. This model gives opportunities to employees who want to give back to the community but never had the time to fit it in their schedules.



**Mayor Hannemann**, left and **Joan Naguwa**, far right, present the Lei Hulu Award to **Barbara Coffey** and **Chris Resich** of the Mary Charles and Associates, Inc.

**Mary Charles and Associates, Inc.** (MC&A), nominated by Project Dana, provided a major makeover of Project Dana’s headquarters on Nakookoo

Street. On December 13, 2007, 130 employees each devoted 5 hours to the nearly 80 year-old cottage by replacing screens, rain gutters, lattices and flooring, prepping and painting surfaces, and landscaping the yard. The materials and labor provided have an estimated value of \$25,000. In addition, MC&A employees created 52 gift baskets of useful household items for Project Dana clients.



KGMB TV personalities, **Kim Genaula** and **Guy Hagi**, emceed the



morning program with **Karen Keawehawaii**, the “First Lady of Hawaiian Music,” bringing the house down with her lively music and comedy routine as only she knows how.

**The Na Kupuna O’Koolau Performers** and the **Royal Hawaiian Band**, under the direction of **Bandmaster Michael Nakasone**, provided the morning entertainment. 🎶



Members of the **Na Kupuna O’Koolau** perform for guests.



**Angela Keen** distributes **Walk Wise** bandanas to senior nominees.

# DISASTERS: IT'S NOT IF, BUT WHEN

By John M. Cummings, III

Public Information Officer

Department of Emergency Management  
City and County of Honolulu

June 1 marks the beginning of hurricane season for the mainland and Hawaii.

For the next six months, we face an increased risk of being impacted by a hurricane, tropical storm, or other severe weather system.

Hawaii's catastrophic hurricane disaster history impact is, thankfully, rather limited. Only three hurricanes in the past 49 years have made direct landfall: Hurricane Dot in 1959, Hurricane Iwa in 1982 and Hurricane Iniki in 1992. However, the caveat is that it only takes one event, one direct hit to create a dire situation for all of us.

On August 29, 2005, Hurricane Katrina made landfall in Louisiana. Within hours, the eye of Hurricane Katrina swept to the northeast and subjected the city of New Orleans to Category 1 and 2 hurricane conditions for hours.

Along with the massive wind-related damages to residences and buildings and more than 10 inches of rainfall, Katrina's storm surge in excess of 14 feet led to 53 breaches in the levees protecting metropolitan New Orleans, leaving 80 percent of the city underwater. More than 1,000 deaths were reported in Louisiana, 215,000 homes destroyed, and dollar losses estimated in excess of \$100 billion.

Following Hurricane Katrina, the federal government embarked on a mission to minimize or mitigate the effects of future destructive hurricane events such

as this. Mitigation efforts included tasking federal, state and county emergency managers nationwide with ensuring that emergency response plans specifically addressed our most vulnerable populations - those with disabilities, our senior population and pets. Those same planning efforts are being worked on here in Hawaii.

The post-Katrina lessons that must be learned and understood by everyone is that when a disaster strikes it becomes our responsibility to take care of ourselves and our families and be prepared to be self-sufficient for 5 to 7 days or longer. This is especially true in Hawaii where isolation from the mainland can lead to major delays in receiving relief supplies and emergency personnel.

What we choose to do today can make all the difference when the winds begin to blow, the rains begin to fall, and the evacuation sirens sound. A lot is at stake, most importantly the care of us and the welfare of our family and friends immediately following a disaster.

## Educate

- Learn all you can about the hazards a hurricane can create for Hawaii. Visit our website at [www.oahuDEM.org](http://www.oahuDEM.org) or the national disaster preparedness website at [www.READY.gov](http://www.READY.gov).
- Find out if your home or place of business is in a coastal evacuation zone. Evacuation maps are available in the white-page directories of the Hawaiian Telecom and Paradise Pages phone books. Maps are also available on our web site at [www.oahuDEM.org](http://www.oahuDEM.org).

## Plan

- Every family on Oahu should have a disaster plan. Important elements

include secondary meeting places in the event your family is separated and cannot return home. Designate an off-island friend or family member who can serve as the communications and information hub for family members who, due to the disaster, cannot reach each other by phone.

- Know the location of your nearest hurricane shelter. Generally speaking, it will be the public school nearest your home. Visit our web site at [www.oahuDEM.org](http://www.oahuDEM.org) for the most current list or call our office at 723-8960.

## Be READY!

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. By planning, you can avoid waiting in long lines for critical supplies, such as food, water and medicine. Remember to review your plan regularly.

Use the following checklist to get started:

## Disaster Checklist



- Assemble a disaster supplies kit.
- Arrange for someone to check on you.
- Plan and practice the best escape routes from your home.
- Plan ahead for transportation if you need to evacuate to a Red Cross shelter.
- The City bus service will offer free transportation to the nearest shelter or take you out of the evacuation zone during a declared evacuation provided the conditions allow their operation. All you need to do is flag down a bus anywhere on their established route.

- Locate a safe place in your home, apartment or condominium if you need to shelter in place. This would include rooms such as large walk-in closets, enclosed hallways, bathrooms or other rooms with a minimal amount of windows.
- Have a plan to signal the need for help.
- Post emergency phone numbers near the phone.
- If you have home health care service, plan with your agency now for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.

### Develop a Disaster Supplies Kit

For many years, the standard for a disaster kit was to include enough supplies to last for 72 hours or 3 days.



Over the past few years catastrophic events such as the South East Asia tsunami and Hurricane Katrina have left many emergency managers wondering if a 3-day supply is sufficient. Hawaii's isolation and long shipping distances could create extended delays in relief and assistance following a major disaster.

Your disaster supplies kit should contain enough of the following items to last for 5-7 days:

- **Water** – One gallon of water per person per day for drinking and sanitation.
- **Food** – Non-perishable food that does not require cooking to consume.

Popular local foods such as Spam, corned beef and Vienna Sausages are handy.

- **Eating Utensils** – Plates, mess kits, forks and chop sticks. Don't forget a can opener for canned foods.
- **Radio** – Battery-powered or hand crank radio and a weather alert radio with tone alert and extra batteries for both.
- **Light** – Flashlight and/or portable fluorescent light and extra batteries.
- **First Aid** – Get a good kit and consider taking a Certified First Aid Course.
- **Whistle** – Important for signaling for help. Carries much farther than the human voice.
- **Dust Mask** – Helps to filter contaminated air.
- **Sanitation** – Moist towelettes, garbage bags and plastic ties for personal sanitation.
- **Tools** – Wrench or pliers to turn off utilities, duct tape.
- **Maps** – Local area maps.
- Prescription eyeglasses and medications.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change. The amount you would normally spend in one week.
- Emergency reference material such as a first aid or survival book.
- Sleeping bag or warm blanket for each person. Air mattresses and single foam futons are good, too.

- Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes.
- Household chlorine bleach and medicine dropper.
- When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles or other activities for children.

### Additional Emergency Supplies

In addition to the supplies listed above, seniors should consider the following additional items:

- Assemble everything you would need in an evacuation, both medical and general supplies.
- Store them in an easy-to-carry container, such as a backpack or duffel bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers that you would need.
- Prescription medicines, list of medications including dosage, list of any allergies.

*Continued on page 6*

- Extra eyeglasses and hearing-aid batteries.
- Extra wheelchair batteries, oxygen.
- Medical insurance and Medicare cards.
- List of the style and serial numbers of medical devices such as pacemakers.
- List of doctors and relatives or friends who should be notified if you are injured.
- Any other items you may need.

### If You Need To Evacuate

- Coordinate with your home care provider for evacuation procedures.
- Public shelters are hot, crowded and noisy. Sheltering in place with a friend who can assist you is a better option.
- Try to car pool if possible.
- On Oahu, if an evacuation is ordered, City busses traveling coastal routes will become evacuation shuttles taking you to the nearest designated location. Transportation during an emergency is free and busses can be flagged down anywhere along their route. You need not be at a bus stop.
- Wear appropriate clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use the travel routes specified or special assistance provided by local officials. Don't take any short cuts. They may be unsafe.

For more information, please call the Department of Emergency Management at 723-8960. ☎

## WAIKIKI HEALTH CENTER OFFERS SENIORS AFFORDABLE MEDICAL CARE AND OTHER HELP

*By Beverly Hewett*  
Waikiki Health Center

Seniors who need help filling out forms to apply for health insurance and other benefits, or who are looking for affordable medical care, need only turn to Waikiki Health Center for assistance. The Center's eligibility experts will help seniors apply for Medicare, Medicaid, QUEST and other programs.

### Medical Care – regardless of ability to pay

Primary Care Services provided at the Ohua Avenue Clinic include flu and pneumonia vaccine inoculations, acute medical care, long-term treatment for chronic illnesses, health education, TB tests, physical exams and behavioral health services. Native Hawaiian Healing, as a path of entry for Native Hawaiians and others who are not comfortable with western medicine, is also offered.

### Friendly Neighbors Program – providing seniors with companionship and other services

Waikiki Health Center's Friendly Neighbors Program brings community volunteers and seniors together. Volunteers' interests are matched with the clients' needs. Volunteers perform friendly visits, drive seniors

to the doctor, prepare meals or do light housework, pick up prescriptions, read letters to seniors who are visually impaired and provide respite for regular caregivers. Many volunteers are nursing and social work students interested in geriatric care. Nursing students monitor blood pressures and other vital signs and refer seniors to the Ohua Avenue clinic for additional services. The Friendly Neighbors Program is available to older adults who cannot live at home without help from family and/or formal services.

### How to contact Waikiki Health Center

Waikiki Health Center has been serving the people of Oahu for over 40 years at the Waikiki and Haleiwa clinics and other locations across the island. Waikiki Health Center's main clinic is located at 277 Ohua Avenue. Phone 922-4787. Hours: Monday to Friday, 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 5:30 p.m.; and Saturday, 8:30 a.m. to 12:30 p.m. For more information, visit the Center's website at [www.waikikihc.org](http://www.waikikihc.org). (To reach the Friendly Neighbors office, phone 926-8032 or email: [friendlyneighbors@waikikihc.org](mailto:friendlyneighbors@waikikihc.org)) ☎



## EAD WELCOMES NEW BUDGET ANALYST

Dung Vo is the new Budget Analyst for the Elderly Affairs Division (EAD). Dung (pronounced "young") worked for Volunteer Legal Services Hawaii as Operations Manager for the past 3 years, where he was responsible for operations, financial oversight, Human Resources, facilities management and volunteer development. Dung has over 15 years in non-profit management and earned his Bachelor's degree in Accounting from UH West Oahu. He is currently finishing his Master's Degree in Business Administration.

Dung came to the U.S. in 1975 from Vietnam. After traveling and settling in Alaska, where he lived for 15 years, Dung moved to Japan. He lived there for 4 years before relocating to Hawaii 7 years ago. Dung likes to travel, enjoys gourmet cooking and playing golf with his wife on the weekends. Welcome Aboard, Dung! ☺

## CALENDAR OF EVENTS

### JUNE 2008

**6** **AARP Driver Safety Program is a course (two 4-hour sessions) designed for the older driver. It identifies physical changes in the mature driver and ways to compensate for safer driving. Cost is \$10. Registration is required.**

• **AARP INFORMATION CENTER, 843-1906 / Jun 6 & 13, 12 noon – 4 p.m.**

• **LANAKILA MULTIPURPOSE SENIOR CENTER, 847-1322 / Jun 18 & 20, 8 a.m. – 12 noon.**

### JULY 2008

**7** **AARP Driver Safety Program is a course (two 4-hour sessions) designed for the older driver. It identifies physical changes in the mature driver and ways to compensate for safer driving. Cost is \$10. Registration is required.**

• **WAIPIO KAISER CLINIC, 847-1322 / Jul 7 & 11, 8:30 a.m. – 12:30 p.m.**

• **QUEEN'S MEDICAL CENTER, 537-7117 / Jul 12 & 20, 9 a.m. – 1 p.m.**

• **ST. JOHN VIANNEY PARISH, 262-7806 / Jul 15 & 17, 9 a.m. – 1 p.m.**

• **HONOLULU KAISER CLINIC, 432-2260 / Jul 17 & 24, 12 noon – 4 p.m.**

### AUGUST 2008

**5** **AARP Driver Safety Program is a course (two 4-hour sessions) designed for the older driver. It identifies physical changes in the mature driver and ways to compensate for safer driving. Cost is \$10. Registration is required.**

• **WAIKIKI COMMUNITY CENTER, 923-1802 / Aug 5 & 6, 9 a.m. – 1 p.m.**

• **AARP INFORMATION CENTER, 843-1906 / Aug 15 & 22, 12 noon – 4 p.m.**

**12** **Show & Sell Bazaar, Lanakila Multipurpose Senior Center, Aug 12, 8 a.m. – 10 a.m. Food, crafts, plants, and white-elephant sales. Call 847-1322 for more information.**

### SEPTEMBER 2008

**19** **Hawaii Senior Fair, "The Good Life Expo", Blaisdell Exhibition Hall, Sep 19 – 21, 8:30 a.m. – 4:30 p.m. The expo will feature exhibits, educational seminars, lectures, workshops and continuous entertainment. Admission is free.**

## SENIOR HANDBOOK UPDATES

The *Senior Information and Assistance Handbook* is published every 2 years by the City and County of Honolulu, Elderly Affairs Division. To help keep the public informed, we will be listing changes to handbook addresses and phone numbers in this newsletter on a regular basis. Changes will also be listed on our website [www.elderlyaffairs.com](http://www.elderlyaffairs.com). We encourage

everyone to notify our *Senior Helpline* 768-7700 of updates.

#### Page 11

Lanakila Rehabilitation Center has changed its name to Lanakila Pacific.

#### Page 21

Handicabs of the Pacific Inc. has changed its name to Handi Wheel Chair Transportation LLC. Their new phone number is 946-6666.

#### Page 58

Better Business Bureau of Hawaii Inc., Senior Scam Hotline has changed its number from 536-8609 to 628-3950. They added a new toll-free number 1-888-333-1593.

#### Page 63

Salvation Army's new address is 320 Ward Ave., Suite 109 Honolulu, HI 96814.

Their new phone number is 591-5605. ☺



# SAVE THE DATE!

## Hawaii Caregivers Conference: *Caring for Family, Caring for Yourself (Oahu)*

**Saturday, November 1, 2008**  
**Sheraton Waikiki**  
**8 a.m. to 3 p.m.**



### REGISTRATION OPENS IN JUNE:

**\$45 For family caregivers**

**\$60 For professionals**

**Lunch and all sessions included in registration fee**

### ELDERLY AFFAIRS DIVISION

**715 South King Street, Suite 200**  
**Honolulu, Hawaii 96813**  
**Phone: 768-7705**

*Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.*

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*Karen Miyake*

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**ALOHA PUMEHANA** is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please call **768-7700**. Written contributions are welcomed.



**MUFI HANNEMANN**  
 Mayor of Honolulu

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